

VITAL SIGNS

VOL VII No. 7

Naval Hospital, Orlando, Florida

1 June 1984

Flag Day - 14 June

"I am your Old Glory"

By Eli Karl Sushka

I was born on June 14, 1777
More than cloth, I was shaped in
design of heaven
The refuge of oppressed people over there
Being the silent sentinel of Freedom
where they care.

An emblem of the greatest
Nation on earth
The inspiration of American
Patriots from birth
Who gave their lives and
fortunes to be free
And whose accomplishments
are noted in history.

I led you at Valley Forge and
Ridges of Vietnam
Hanging on high through the
night and dawn
Walking in silence with our
honored dead
At each funeral procession I
was led.

Flying from a staff through
peace and war
For free loving people to
always adore
Through strife and prosperity I fly
A place of recognition, me never deny.

My red stripes signify blood spilled
by living and dead
Who followed me to victory and by great
Generals were led
Many died pursuing Old Glory on the
battlefield
To the enemy they would never yield.

The white stripes signify burning tears
And of heroes who never had any fears
It also denotes the humanitarian
peace we desire
Stating we are ready at all times
to fight fire with fire.

The blue field is indicative of the sky
Where God in heaven watched heroes die
It shows the serenity for which
we aim
And searching our ancestors
came.

My stars all fifty clustered
together
Will not yield through all kinds
of weather
All States are united strongly
in name
And each special recognition
to fame.

Old Glory is my very illustrious
nickname
And since the year 1777 I have
gained great fame
I very proudly always fly on
high
This seat of respect to me never
deny.

Always remember to honor me
Remember the respect I have for
the free
Never tear down my very proud
name
Against enemies appreciate my
great fame.



Commodore Fox visits

Commodore Thomas R. Fox was welcomed to Naval Hospital Orlando by CAPT Herr and CAPT Reynolds on 25 May. Commodore Fox will assume the duties of Commander, Naval Training Center on 31 May. The Commodore met some of the staff and was briefed on our facilities.

EMT's graduate

Another group of highly skilled Emergency Medical Technicians graduated at a ceremony held on 25 May. Pictured above, left to right, front row: HM3 Batir, HM3 Rice, HM3 Anaya, and HM3 Gowler. Second row: HN Saltos, HM3 Oswalt, HN Vander-Noot, HM3 Lawyer, HM2 McShane, HM2 Valdes, HN Thiessen, and HML Downey. Third row with CAPT Herr and LCDR Boyle: LCPL Smith, HM3 Connor, HN Schoonover, HA Dean, HN Benedict, HA Whitten and HN Rodriguez.

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Staff MO Conference guest speaker**Dr. Charles Livengood, III**

CAPT Khoury, Head, OB-GYN Department, introduced Dr. Charles Livengood, III, to those attending the Staff Medical Conference on 18 May. Dr. Livengood, Assistant Professor, Department of Obstetrics and Gynecology, Duke University Medical Center, gave a lecture on "Pelvic Inflammatory Disease." Dr. Livengood is a Fellow of the American College of Obstetrics and Gynecologists and a Fellow of the F. Bayard Carter Society of Obstetricians and Gynecologists. Those attending the noon-hour presentation received one CME credit.

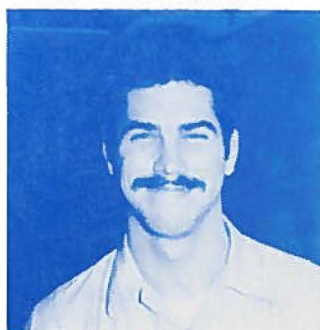
American Red Cross**Volunteer hours****for April -****2,844****Vital Signs' Staff****Editor:****HMCM(SS) R. C. Clements, USN****Managing Editor:****Mary V. Van den Heuvel****Nursing Services Coordinator:****LT Joyce E. Dresher, NC, USN****Steth-o-Scoop Reporter/Photographer:****HML Dennis M. Downey, USN**



What does our National Ensign mean to you?



HM3 Tina Smith, Security: "Freedom and all that our Country has gone through to achieve it."



HN Kevin Horne, CPD: "Freedom and pride in our Country."



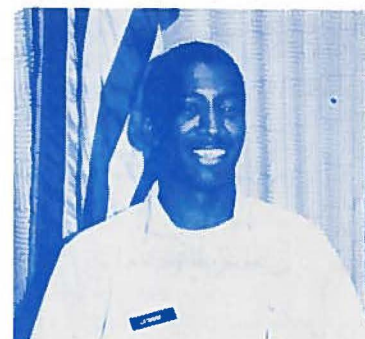
Francis Reilly, Food Service: "Freedom of speech, press and freedom to be whatever you desire to be."



Dee Bischoff, ARC: "It's a symbol of our Country; life, liberty and the pursuit of happiness."



LCDR Kristine Minnick, Education and Training: "A singular symbol of a multitude of elements which make up our Country: people, young and old; farmlands and forests; struggles and love."



HN Emanuel Latimore, Medical Ward: "I had the opportunity to serve on the Color Guard for a whole week and that made a lasting impression on me."

Staff Journal



On 17 May, CAPT Herr presented the Navy Commendation Medal to LCDR Patricia Petersen, NC, for her meritorious performance of duty at the Naval Air Station, Atlanta, Georgia.

U. S. Navy Photo



CAPT Herr presented LT Lisa Cathey, MSC, with a Letter of Commendation on 17 May. LT Cathey, Laboratory Department, was released from active duty on 27 May.

U. S. Navy Photo

CAPT Herr presented Certificates of Appreciation to members of our staff who participated in the Winter Park Health Fair on 24 March. Left to right: HM2 Michael Champagnie-Davis, HM1 Oscar Gonong, HM1 Patrick Ferguson, and Chief Marie Solomon. They volunteered to perform visual acuties at the Winter Park Mall.



CAPT Petit, MC, Head, Laboratory Department, received a Letter of Commendation and a Hospital plaque from CAPT Herr on 17 May prior to his transfer.

U. S. Navy Photo



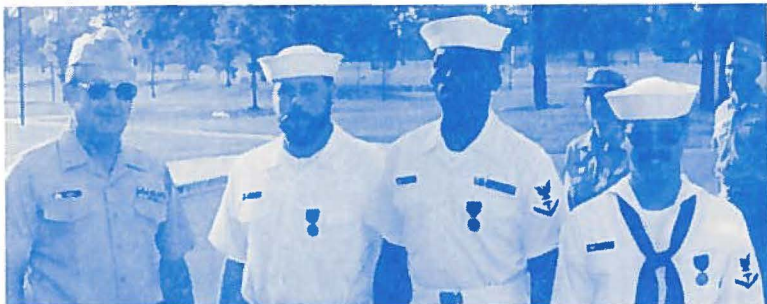
Jean Long, OB-GYN Ward, received her certificate and pin for 30 years of government service. CAPT Herr made the presentation on 17 May.

U. S. Navy Photo



U. S. Navy Photo

The good guys



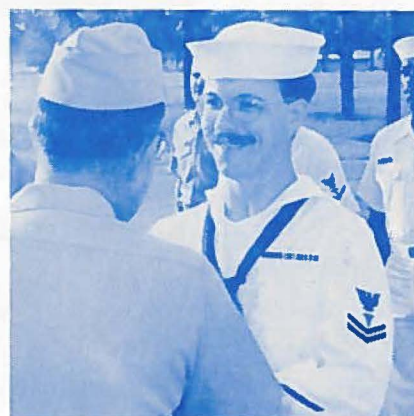
First Good Conduct Awards: HM3 Warren Hall, HM3 Adli Boyd, II, and HM3 George Hansell, Jr.



Second Good Conduct Awards: HML Edward Hooker, HM2 Gerald Griffin, II, and HML John Meehan.



Third Good Conduct Award: HML James Jones.



A Certificate of Graduation for HM2 Joseph Hannon, Radiology Department, from Nuclear Medicine School, Bethesda, MD.

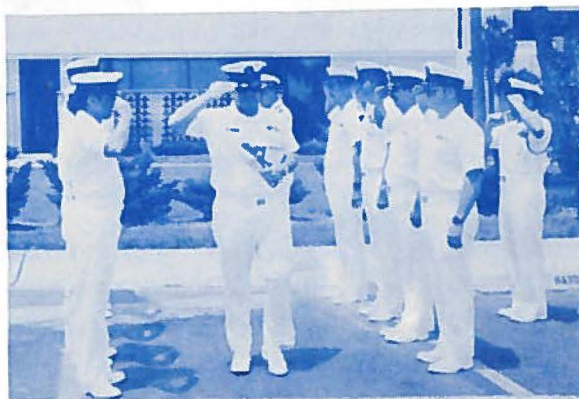
U. S. Navy Photos

NCM for HMCM Malenofski



CAPT Manjerovic, on behalf of the Commanding Officer, presented Master Chief Malenofski with the Navy Commendation Medal for his meritorious service while serving as the Assistant Administrator, Branch Clinic. HMCM Malenofski's retirement ceremony was held on 5 April and the presentation of the medal was held on his last day of terminal leave.

Chief Reeder drops anchor



On 15 May, HMC Rex M. Reeder stepped smartly thru the sideboys as he transferred to the Fleet Reserve after completing over 20 years of service. Chief Reeder is dropping anchor and will make Orlando his homeport. The 15th turned out to be Chief Reeder's "great Navy day!"

Oh, bull!

You have probably heard the expression "passing the buck" ... but, did you ever hear of "passing the bull???" Well, it happened - right in the main lobby!! On 1 May, ENS Sharon E. DuLac, MSC, received her promotion to LTJG and it became her official duty, in keeping with the highest Naval traditions, to pass on the "Bull Ensign" collar pin. LTJG DuLac, not only passed the pin on to ENS Robert Meinertzhagen, MSC, but she actually passed a huge bull, equipped with MSC shoulder boards, no less!



A grateful patient



On 25 May, CDR R. D. Riesenhuber, MSC, Acting Directorate for Administration, accepted a gift, on behalf of the Secretary of the Navy, from a grateful patient. In appreciation for the outstanding care she received as a patient on the Surgical Ward, Mrs. Huguette Roach presented a walker. The walker, with an engraved brass plaque, will be for the use of future patients. Some of the Surgical Ward staff were able to be on hand for the presentation.

Letters



On 1 May, CAPT Herr presented CAPT McClurkan with a Letter of Commendation as he departed to attend the CO's Indoctrination Course in Washington, DC, prior to assuming his new duties as Commanding Officer, NavHosp, Guam.



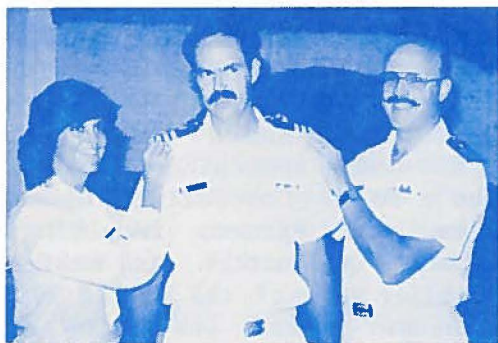
CW04 Vance, Physician's Assistant, Branch Clinic, received a Letter of Commendation and a Hospital plaque as he bid farewell to CDR Coy and LT D'Heron. He transferred to NSHS, Portsmouth, VA.



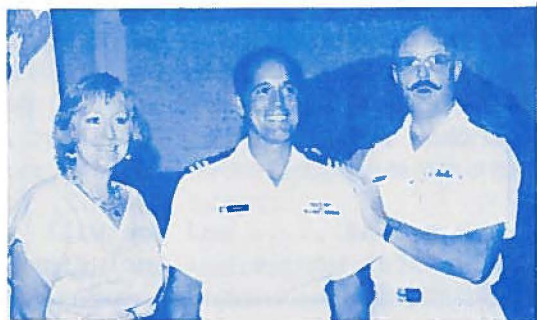
A happy CDR Marie Troseth, NC, received a Letter of Commendation from CAPT Herr on 18 May with an assist from CAPT Manjerovic. CDR Troseth was the Quality Assurance Coordinator for Nursing Services and is being transferred to Naval Hospital, Okinawa.

Promotions

CAPT Schefstad, our former Director of Clinical Services, and CAPT Reynolds extend congratulations to CDR Joyce M. Vickers, NC, OB-GYN Clinic on her promotion on 18 May.



CDR John F. Wilker, MC, Family Practice, receives his new shoulder boards from his wife, Anna Marie, and CDR Michael Murphy, MC, Head, Family Practice Department.



CDR Gerald J. Kivett, MC, Family Practice, received his new shoulder boards from his wife, Helen, and CDR Murphy.

HM1 Thomas E. Inman, Optometry Clinic at NTC Annex, was also reenlisted on 25 May at the Annex. His reenlistment officer was LCDR Jesse Vasquez, MSC, and he reenlisted for six years.

Reenlistments

HMC Ted J. Schmitz, III, USN, the Enlisted Detailer for Nursing Services, reenlisted in the Navy for four more years on 11 May. CAPT A. Darby Reynolds, Directorate for Nursing Services, served as his reenlistment officer.



On 25 May, HM3 Donald Hoy, Family Practice Clinic, NTC Annex, was reenlisted by CAPT G. Dunn, NC, USN, for four years. HM3 Hoy reenlisted under Guard III for an accompanied tour at Naval Hospital, Okinawa.





Column Coordinator:

LT R. D. Younger, MSC, USNR



NURSING SERVICES



Column Coordinator:

LT Joyce E. Drescher, NC, USN

New Command SAC's

The month of April, 1984, brought new faces into the Substance Abuse Coordinator Program. LT Robert D. Younger, MSC, Psychiatry Service, assumed the duties of Command Substance Abuse Coordinator. Dr. Younger is a clinical psychologist and has worked in a VA Alcohol Treatment Unit as well as one for the Justice Department. He will coordinate the Drug Urinalysis Program with the Security Branch, advise the Commanding Officer on matters concerning substance abuse, and coordinate activities of the Assistant Substance Abuse Coordinators.



Left to right: LT Younger, HM3 Walton, HM1 Mathis, and HM1 Randolph. LT Maxwell was not available for the picture.

LT Melvin L. Maxwell, MSC, Pharmacy Department, became an Assistant Substance Abuse Coordinator in September, 1983. He is a pharmacist with four years of Naval experience. Primarily, he will introduce new hospital personnel to the Substance Abuse Program and provide Inservice Training.

HM1 Charles M. Mathis, Pharmacy Department, has been functioning as Assistant Substance Abuse Coordinator for the Branch Clinic since June 1983. With his twelve years of Naval service, HM1 Mathis is an experienced counselor and educator.

HM1 Ruth G. Randolph, Pharmacy Department, has been an able Assistant since April and works directly with persons having drug or alcohol problems. She has been in the Navy for nine years.

Success

Success - it indirectly and directly influences all aspects of our lives. The mass media usually defines success as the attainment of wealth, favor or eminence. Very few of us would be eligible for any of these categories. However, success is not limited to these three categories. You can be successful in all of your endeavors. The controlling factors that influence success are attitudes and physical and mental capabilities. The secret to success is to choose a goal that is attainable and construct situations in which we will accomplish something positive towards that goal. Taking responsibility for doing something increases control one's self. Completing these tasks, increases self esteem, resulting in greater work production and self satisfaction.

Success can be a day to day accomplishment of a job well done. Self pride towards high quality performances maintains individual feelings of success. Frequently, praise, awards and encouragement are few and far between. Don't be afraid to give yourself a mental pat-on-the-back for a job well done. Maintain your individuality and continue to strive for success by obtaining reachable goals. Realize that success is accomplished when an event or a job turns out well.

Look around and you will see many successful people ... including YOU!

HM3 Kathy J. Walton, Psychiatry Department, recently became an Assistant Substance Abuse Coordinator applying her three years of Naval experience to enhance her counseling abilities.

Any of the Coordinators can be contacted at their Departments to initiate a self referral. Command referral should be directed to LT Younger.

CAREER COUNSELOR'S



CORNER

HMC Patricia M. Johnson, USN

Where do you want to go next?

Does it really matter to you where your detailer assigns you next? If you have any preferences at all, you should put them in writing. The Duty Preference Form (NavPers 1306/63) is your link between getting the duty station you want while satisfying the needs of the Navy.

Contrary to popular belief, the Detailers do use the Duty Preference on file for selection and assignments. Not only are types of duty and locations considered, but dependent information and career intentions are carefully studied along with the career pattern. It is evident that if an individual has no duty preferences on file, the Detailer will consider him or her for any valid requirement. We've all heard rumors about "those" duty stations.

Duty preference forms can be submitted as often as desired and should be completed shortly after arrival at a new command. If you fail to complete one when you arrive, one should be submitted within 10 months of your projected rotation date. It takes approximately 90 days for a Duty Preference Form to be entered into your record after leaving your command. So, you might not want to wait until the last minute.

It is emphasized that the submission of the Duty Preference Form is an individual responsibility and if you do not have a current form on file, you're telling your Detailer that you have no preferences!

HMC Thomas Whyte, Operating Management, was presented with a Letter of Appreciation from the Chairman of the Submarine Ball for his efforts on behalf of the Ball as well as the Memorial Service.

Presentations of 31 May



CAPT Manjerovic presented LT James Gollogly, MSC, Medical Mobilization Planner, with a Certificate of Completion from the Orange County Public Schools for completing a Supervision I Course (48 hrs) through the Vocational - Technical - Adult Education Department.



CAPT Manjerovic with our athletic achievers: Chief McGowan, Pharmacy Department, on left, with his certificate for completing 2,500 miles of jogging, and LT Simpkins, MSC, Head, Physical Therapy Department, for 500 miles.





CHAPLAIN'S COMMENTS

LT Janell Nickols, CHC, USN

A new day

"How are you today?"

"Oh, okay, but I can't wait for the day to be over!"

How many times a day to people engage in this brief interchange? Or, how many times have you waited anxiously for the end of the day? All too often, we fail to recognize each new day as a gift from God -- a gift to celebrate! When we waste a day in waiting, we are abusing a very special present from God.

Here is a thought to read at the beginning of a day to remind us of the most precious gift of a new day:

This is the beginning of a new day
God has given me this day to use as I
will

I can waste it or use it for good.
What I do today is very important
because

I am exchanging a day of my life
for it.

When tomorrow comes, this day will be
gone forever, leaving something in
its place.

I have traded for it: I want it to be
gain - not loss; Good - not evil;
success - not failure, in order
that I shall not forget the price
I paid for it.

Anything for some bucks!!!



... if it's for Navy Relief, that is! The Chiefs were practicing for their BIG CAR WASH on 1 June. IF they really DID WORK and IF they really DID make ANY MONEY for Navy Relief, we will have to let you know in our next issue!



LAB LINE

A new home for the black box

The Laboratory's black box is the Coulter Model S Plus II electronic cell counter, the instrument that performs the complete blood counts (CBC). The CBC is perhaps the most frequently performed laboratory test and most patients have at least one CBC during the course of their evaluation and treatment. We were recently able to relocate our Coulter Counter to a custom-made three part cabinet, specifically designed to house this particular instrument. Through the creative financing efforts of the Facilities Maintenance Department, the cabinet was acquired and necessary structural modifications made to enable its installation. HM2 George Smith is shown, below, operating the Coulter Counter as it sits in its new cabinet. This instrument costs in the neighborhood of \$100,000 and is truly a marvel of electronic engineering. It uses scalars to count electrical pulses generated by blood cells as they pass through a counting aperture. It simultaneously counts red blood cells, white blood cells and platelets.

If you haven't been by the Lab in the past few months, stop by and let us show off some of our new instrumentation. Better yet, roll up your sleeve, stick out your arm and we will show you exactly how they work!





Master Shipwreck

HMCM(SS) R. C. Clements, USN

I'm proud! How about you?

I know you have heard me before, expounding on how proud I am to be an American, how proud I am to be a member of the Navy and how proud I am to be a Hospital Corpsman ... well, shipmates, I think we ought to designate the month of June as the month to wear our pride ... let it show all over ... right out there for everyone to see. We have two things to be especially proud of this month.

First of all, on 14 June, we are celebrating Flag Day. It will be the 207th birthday of our National Ensign. Sometimes, we take this flag for granted as we go about our everyday affairs; but, this flag symbolizes our freedom. If you could just contemplate for a moment, how many men and women have given their lives in defense of this flag. Read this poem and the next time you look at the flag, see if it doesn't take on new meaning for you.



Flag Day

A Toast To The Flag

Here's to the Red of it —
There's not a thread of it
No, nor a shred of it
In all the spread of it
From foot to head
But heroes bled for it
Faced steel and lead for it
Precious blood shed for it
Bathing it Red

Here's to the White of it —
Thrilled by the sight of it
Who knows the right of it
But feels the might of it
Through day and night?
Womanhood's care for it
Made manhood dare for it
Keeps it so white!

Here's to the Blue of it —
Beauteous view of it.
Heavenly hue of it,
Star-spangled dew of it.
Sparkling anew.
Diadems gleam for it,
States stand supreme for it,
Liberty's beam for it
Brightens the Blue!

Here's to the Whole of it —
Star's, stripes and pole of it,
Body and soul of it
O, and the roll of it,
Sun shining through:
Hearts in accord for it
Swear by the sword for it
Thanking the Lord for it
Red, White, and Blue!

The second cause for celebration for which we can be justifiably proud is that on the 17th of June, our Hospital Corps will be celebrating its 86th Anniversary. The Hospital Corps came into existence as an organized entity of the Medical Department by an Act of Congress approved 17 June 1898. It was the fruition of a century-long struggle to establish the noncommissioned personnel of the Medical Department on a sound footing and the beginning of a new era of progress that has culminated in outstanding medical service for Navy and Marine Corps personnel. The path of the history of the Corps is paved by many lives lost in valiant attempts to save others and by diligent and caring hospital corpsmen like yourself. Be proud to be a corpsman!



Bloodmobile at NTC

13 June

The Central Florida Bloodmobile will visit NTC Orlando on 13 June from 0730 to 1500. The Bloodmobile will be in the parking lot between Buildings 2070 and 2095 (across from the Civilian Personnel Office). Call Betty Walker, X4710 or X5552 for more information. If you wish to donate, fill out the slip below and return to Code NTC 062 not later than 8 June.

RETURN TO NTC 062 NOT LATER THAN 8 JUNE

Date: _____

Yes, I want to be a blood
donor, Wednesday, 13 June.



(Name)

(Organization)

(Phone)

(Code)

Just

A

Word from the
Skipper

CAPT A. Herr, DC, USN



It's time for fun ... but

One of the most important assets this hospital has, is people ... now, I'm not talking about people who are patients, I am talking about the people who make up our staff.

We can have all the latest-state-of-the-art equipment in the world and the most modern facility to house it in, but not one life could be saved nor injuries and illnesses healed and cured without the trained staff. So, the staff's health and welfare becomes of primary concern.

You are probably wondering what in the world I am leading up to ... well, I am going to write about "safety." However, I want you to think about it in terms of your recreational pursuits in your off duty time. We are just starting into our summer season, and already I have seen staff members with ankles, legs, arms, and wrists in casts. Some of these were the result of sports accidents, some from car accidents and some from motorcycle accidents. When members of our staff are injured or sick, they can't do their jobs and with our staff spread so thin at this time of the year, we all have to exert a lot of extra effort to maintain our high quality patient care. There is another side of the safety problem to consider ... a grave one. Recently, one of our young corpsman was on a swimming and fishing trip with friends. All of a sudden, he was a victim of a terrible diving accident. At the present time, he is a quadriplegic and it is not known to what extent he can recover. This accident has been devastating to him and to his family.

Please, please, be careful this summer. You are very important to us and to the Navy and just as important to members of your families. Take care!

ARC Appreciation Day

On 4 May, the staff hosted "American Red Cross Appreciation Day" for the many volunteers who supplement the ranks of our patient care team. Each volunteer received a flower and enjoyed a sumptuous meal prepared by Mr. Laravee's staff.



Captain Herr presented a plaque to Naval Hospital Orlando's "Volunteer of the Year," Carrie Katsos. Carrie, who is 88 years young, actively serves in the OB-GYN Clinic. The hours of volunteer work that Carrie has dedicated to this hospital are absolutely staggering. She started in 1959 when this hospital facility belonged to the Air Force. When it changed hands in July 1968, Carrie stayed on, diligently doing her work in the OB-GYN Clinic. There have been some years when Carrie accumulated over 1,000 hours of volunteer time. No other individual is more entitled to be Naval Hospital Orlando's "Volunteer of the Year!" Congratulations, Carrie! You're special!

Farewell



On 17 May, Paula Ehrenberg, OB-GYN Clinic, received a Letter of Appreciation from CAPT Herr as she departed Naval Hospital Orlando to live in Michigan.